

**I CLAIM:**

1. A composition for the relief of occasional heartburn and digestive disorders, said composition comprising: honey, and raw food fibers.
2. The composition of claim 1, wherein said raw food fibers further comprise at least one of wheat germ and wheat bran.
3. The composition of claim 1, wherein said composition further comprises 20-40 weight percent wheat bran, based on the total weight of the composition.
4. The composition of claim 3, wherein said composition further comprises 20-40 weight percent wheat germ, based on the total weight of the composition.
5. The composition of claim 4, wherein said composition further comprises 20-60 weight percent honey, based on the total weight of the composition.
6. The composition of claim 5, wherein said honey is a non-denatured honey.
7. The composition of claim 1, wherein said honey has a peroxide activity amount of greater than about 5 $\mu$ g of hydrogen peroxide per gram honey after 60 minutes as measured at a temperature of 21°C.
8. The composition of claim 6, wherein said honey has a peroxide activity amount of greater than about 5 $\mu$ g of hydrogen peroxide per gram honey after 60 minutes as measured at a temperature of 21°C.
9. The composition of claim 8, wherein said honey has a water content of less than about 17.5%.

10. The composition of claim 9, wherein said composition further comprises at least one additive selected from the group comprising calcium carbonate, zinc oxide, pectin or carboxymethylcellulose.

11. A compressed product for the relief of occasional heartburn and digestive disorders, comprising:

a composition further comprising;

20-60 weight percent honey; and

20-40 weight percent raw food fibers; based on the total weight of the composition.

12. The compressed product of claim 11, wherein said raw food fibers further comprise at least one of wheat germ and wheat bran.

13. The compressed product of claim 11, wherein said composition further comprises 20-40 weight percent wheat bran, based on the total weight of the composition.

14. The compressed product of claim 13, wherein said composition further comprises 20-40 weight percent wheat germ, based on the total weight of the composition.

15. The compressed product of claim 14, wherein said honey is a non-denatured honey.

16. The compressed product of claim 11, wherein said honey has a peroxide activity amount of greater than about 5 $\mu$ g of hydrogen peroxide per gram honey after 60 minutes as measured at a temperature of 21°C.

17. The compressed product of claim 15, wherein said honey has a peroxide activity amount of greater than about 5 $\mu$ g of hydrogen peroxide per gram honey after 60 minutes as measured at a temperature of 21°C.

[illegible]